

# Therapy for Fathers

## and their families



### **What is therapy?**

*Therapy is a talk-based process that is scientifically proven to help people.*

### **Who is therapy for?**

*Anyone looking to improve their life. You define the goals of therapy because you are the expert. The therapist's role is to give you tools to help you overcome obstacles, improve relationships, identify negative patterns, and resolve problems.*

- **FREE** to fathers or father-figures with one or more children ages 0-17
- Includes couple therapy, individual therapy, or family therapy
- For a broad range of concerns including high stress, PTSD, anxiety, family conflict, etc.

**Call (409)762-8636 to  
schedule an appointment**